

Selected List of High and Low Mercury Fish Found in the Northeast Cape Fear River

Women of childbearing age (15-44 years), pregnant women, nursing mothers, and children under 15:

- Should not eat fish from the "High in Mercury" list.
- May eat up to **2 meals per week** (6 oz. per meal for a woman, 2 oz. per meal for a child) of fish from the "Low in Mercury" list.











All other people:

- Eat only **1 meal per week** (6 oz. per meal) from the "High in Mercury" list.
- Eat up to **4 meals per week** (6 oz. per meal) from the "Low in Mercury" list.

Find the North Carolina Department of Health and Human Services full list of high- and low- mercury fish at bit.ly/eatsafefish or call 919-7075900.

***Note: There is a moratorium on catching striped bass from the Cape Fear River.**

****Note: There is a per-person catch limit of 5 American shad or 10 Hickory Shad per day from the Cape Fear River.**

High in Mercury Fish (Name)	High in Mercury Fish (Image)	Low in Mercury Fish (Name)	Low in Mercury Fish (Image)
Catfish (caught wild) <u>Note:</u> Farm-raised catfish is a lower-in-mercury choice.	 <small>Photo courtesy USFWS/Duane Raver</small>	Bluegill sunfish (bream, or bluegill)	
Largemouth Bass		Shad**	
Striped Bass*		Pumpkinseed sunfish	
Blackfish (bowfin)		Redbreast sunfish	
Black crappie		Redear sunfish	
Warmouth	